

Coaching Tip Number 34

Coaching tips will come out once a month to give you a flavor for what coaches do in an active coach/coachee relationship. If you have others that you would like this tip to go to each month you may send me their name and I will make sure they are added to the distribution list or you may forward this information yourself. For questions or an appointment with a Marshall Internal Coach you may contact Janie Moyers at 544-7552.

Eight Choices You Can Make Today that Will Change Your Life Forever by Chris Widener

The direction of our lives is determined by the choices we make every day. They accumulate and add up to our ultimate destiny. Here are eight choices you can make - choices that will create for you a life more abundant and prosperous in many areas.

1. Choose to **grow personally**. This sounds simple but many people only wish to grow personally. They never choose to grow by taking action, such as actually exercising, saving more money, eat healthy, read and study, play, etc. Make a decision today to be a person who is on the never ending journey of personal growth.
2. Choose to always **treat others right**. We come across all sorts of people, many of whom will treat us poorly. We can choose to treat them right, no matter how they treat us. When they lie, we will tell the truth. When they cheat, we will play by the rules. We may get the short end of the stick some times, but in the long-run we will win. And most importantly, we will be able to sleep at night.
3. Choose to **break a bad habit**. Take the biggie first. Tackle it head on. If you don't know what it is, ask a friend. Then spend every effort you can to break that habit. Forget about the others, as you will get to them later. Stop smoking, get out of debt, lose your excess weight. Exercise the power to choose!
4. Choose to **work smarter**. Many people I work with feel like they are out of balance. One of the first things I do is try to find out how much time they are wasting at work, which makes them work longer, which throws the rest of their life into chaos. Getting your work done by diligently working in the time you have will free your life up extraordinarily.
5. Choose to see your work as a way to **help others**, and not a way to make money. If you put your heart into helping others, the money will most assuredly come. Spend time helping others grow and your finances will grow with it. The

peace that comes with helping will make you happier and give meaning to your life.

6. Choose to become **balanced spiritually, emotionally and physically**. Our lives are best when we have these three major areas in balance. Spend some time cultivating your spirituality, becoming emotionally healthy, and physically fit.

7. Choose to **sow more than you reap**. There are many takers in this world, but our lives will be better as we become givers. The world will become better as we become givers. Give away your time, give away your money, give away your love. The more you give of yourself the more you will receive in return.

8. Choose to **get home for dinner more often**. The family is the most important group of people you will ever belong to. Make a decision today to grow in your relationship with your parents, siblings, spouse and children. This one choice you will never regret.

One of my favorite quotes: The history of free men is never written by chance, but by choice - their choice. Dwight D. Eisenhower

Hope these tips help you live the more abundant life.